WORK AT HEIGHT

Trailer and flatbed falls check

One row for each task that takes someone onto a vehicle. Work left to right: avoid going up; if you can't, prevent a fall with measures that protect everyone; only then minimise with personal equipment (Work at Height Regulations 2005, regulation 6).

Site	Completed by	Date

Task	1. Avoid: can it be done from the ground or a dock?	2. Prevent: platform, gantry, guard rails, handholds	3. Minimise: restraint or arrest (last), rescue plan	Lighting and weather	Rule for visiting drivers
Sheeting / unsheeting					
Strapping and securing					
Moving cages or loads on the bed					
Checking loads from above					
Getting in and out of the cab					

HSE: if there are no fall-prevention measures at the site, drivers should refuse to sheet or unsheet, and their employer should support them (HSG136). Never lift people on forks or a pallet.

Actions

Action	Owner	By when	Done